

**Nutrition in the Senior Years:  
A Free Workshop at Seven Counties!**



**Join us on September 28<sup>th</sup> from 10am -12 pm**

**Guest Speaker: Sue Johnson from KIPDA  
Learn about how to eat well and live well!  
Interpreters and Refreshments will be provided**

**Workshop at  
Seven Counties Services, 2225 West Broadway  
For More Information Please Contact Lindsey Williams at  
[LHorner2@sevencounties.org](mailto:LHorner2@sevencounties.org) or via voice / relay at 589-  
8920 x124**

*This is the first in our new “Coffee Talk” series about  
health and mental health issues!*